

CHICKEN EMPANADAS

By Kimberli Washington, Public Information Office



Ingredients:

- 2 packages of empanada discs (pre-cut dough disc)
- 1 pound cooked ground chicken
- 1 cup salsa
- 1 (3-ounce) can sliced ripe olives
- 1 cup thinly shredded Mexican cheese
- all-purpose flour for dusting

Directions:

- Pre-heat oven to 400 degrees.
- In a medium sauce pan, combine ground chicken, salsa and olives. Bring to a boil, and then reduce heat to simmer for about 5 minutes.
- Remove from heat and stir in cheese. Let mixture cool.
- On a flour-dusted surface, fill each empanada discs with about 1 tablespoon of mixture in the center. Moisten edges with water, fold in half and pinch to seal. Pierce tops with fork.
- Place on baking sheet and bake about 15 minutes or until golden.
- Serve while hot and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.